



## Free Your Body w/Yoga

Dharma Seeds Yoga ~ LGBTQ+ focused, Trauma-Informed, Accessible, Ability Injury Minded

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# Yoga and Fireside Chat: A Relaxing and Rejuvenating Experience



by Deva Hardeep Singh | Dharma Seeds Yoga Press | 01 June 2023

## Yoga and Fireside Chat: A Relaxing and Rejuvenating Experience



*Butch McIntosh at the Pow Wow of Champions hosted by The Intertribal Indian Club of Tulsa at the QuikTrip Center in Tulsa, Okla., Aug. 11, 2007. | Brandi Simons / AP*

“Colors of beaded regalia swirled in the rhythm of the sacred drum beating as the singers pray for our people. This past weekend, I attended the Yellowfish Family Pow Wow in this town. Lawton is about one-and-a-half hours southeast of Oklahoma City and home to Fort Sill’s army base. The family pow-wow was started in the 1970s when relatives returned from the Vietnam War. It has been a Memorial Day weekend tradition ever since.”

<https://www.peoplesworld.org/article/family-pow-wow-spirit-of-my-youth/>

That is from an article of mine published a few years back. Note also that back then my name was different. I had a legal name change in January 2022 after I converted to the traditional Sikh path.

I've been recovering from three hospital visits since December 2022. Mostly with bronchitis, pneumonia, and an extremely rare bacterial infection in my lungs. So recuperating as a yogi, who is breathless what does one do? I began to re-read my manuals and replay my videos from classes/workshops. Then just last week this surge of energy overtook me. Especially with the right brain creative energy.



Me with my service dog, LUKE

I felt like I was channeling my writing, and now we are finishing our **Anxiety & Depression/Yoga** series right at Memorial Day weekend. When the article I wrote, in the beginning, referenced Memorial Day. The hairs of my body stood on end when I realized that. (Concerning those facing financial issues, our **new book is on Archives.**)

That synchronistic energy is developed through many yoga sessions, meditation sessions, mindfulness moments, and education. And when it happens you ride it as a wave as a surfer. You are not directing nor controlling it. It is all in the hands of the Creator you so believe or not believe in. But's a precious moment to savor as one would a vintage grape season if you were a winemaker.





[https://www.huffpost.com/entry/how-to-unlock-the-magic-o\\_b\\_8982172](https://www.huffpost.com/entry/how-to-unlock-the-magic-o_b_8982172)

Am I special, as in something to put up on a pedestal? Hell no! I am the same as you no matter where you may be. I still have my personal yoga/meditation time, but also limited when I have health issues. That is part of just being human. **What unites you and me is that we both are spirits having a human expression.**

I may have framed, researched, and written the article but the quickness of this has been unique, to say the least. Life is and can be like a great ocean wave with the longest hang time for a surfer. I am humbled that a **gay, ability-injured, post-traumatic stress injury, borderline personality injured** person like me, could even become a yoga teacher. If I could come this far as I have in my thirty-year journey, then...I would think you could also change your life.



<https://www.wavetribe.com/blogs/surfboards-waves/glossary-of-surfing-terms-and-surf-slang>

It does not go unnoticed at this moment. I can say I am gay, and make a blog post about it freely. While I know from the statistics of this blog, some of our readers who identify as be gay or even blogging about it you could be **killed**. I officially and technically live within my tribal reservation which embraces two spirits. Some are offended by that term, I mean no disrespect or anger. It's an adjective to me, I want to focus on what brings us all together. It is June and it is Pride Month.

It's not "my" teaching. Yoga is over a 5,000-year recorded system of transformation. The changes are the direct result of the person/deity/non-deity that is our Creator. I am just the passer on of an ancient system.

Anyway, it's Memorial Day weekend. I am going to celebrate as I was taught in my Yuchi Indigenous way. When we pray we always say four times, "All my relations, All My Relations, All my Relations, All My Relations." The four directions to all my relations past/present/future that is my Memorial Day. But I am celebrating too that we've finished a new Anxiety/Depression Workbook, and over 14 supplemental teachings on yoga. Yoga goes hand in hand with transformation, our awakening, and our mindfulness training.

I know it works, as thirty years ago I was at rock bottom. Meditation, Eastern Philosophy, Yoga, Centering Prayer, and Mindfulness training changed me. I am not the person I was when I have begun this journey. And it's NOT, about me, but how the simplicity of the process in a gentle living manner, transforms me into a beautiful person. In my faith, it is called when the **merging of the tenth gate** (Crown Chakra) our mind, our Creator, Ik Ong Kar glances and merges and bliss happens.

Ironical that in my Indigenous culture and the culture of the Indians in India celebrate with festive manners. So let's celebrate. ***Celebrate whatever your heart is telling you.*** Celebrate that we both at this exact same moment are breathing in... breathing out. In that precious moment of silence/pause between the in-breath and the out-breath. In that precious moment, we are connected to the source of all this!

June, will be more about Mindfulness and of course Pride!

***Deva***



**<https://www.azquotes.com/quote/375489>**

Yoga is a mind and body practice that has been around for centuries. It is a great



way to improve your physical and mental health. Fireside chats are a **great way to connect with friends and family** and to learn about new topics. Combining yoga and fireside chats can create a relaxing and rejuvenating experience.

## Here are some tips on how to plan a yoga and fireside chat:

- **Choose a location.** You can hold your yoga and fireside chat indoors or outdoors. If you are holding it outdoors, choose a location that is sheltered from the wind and rain.
- **Set the mood.** Create a relaxing and inviting atmosphere by lighting candles, playing soft music, and using calming scents.
- **Invite friends and family.** Yoga and fireside chats are a great way to connect with friends and family. Invite people who you enjoy spending time with and who you think would benefit from a relaxing experience.
- **Choose a yoga instructor.** If you are not familiar with yoga, it is a good idea to hire a qualified instructor. The instructor can help you to choose poses that are appropriate for your fitness level and can guide you through the poses safely.
- **Plan the fireside chat.** If you are planning to have a fireside chat, decide on the topic that you want to discuss. You can also invite a guest speaker to talk about a topic that is relevant to yoga or mindfulness.

Once you have planned your yoga and fireside chat, you can relax and enjoy the experience. **Yoga and fireside chats are a great way to de-stress, connect with friends and family, and learn about new topics.**

## Here are some additional tips to make your yoga and fireside chat even more enjoyable:

- **Bring a yoga mat and comfortable clothing.** You will also want to bring a water bottle to stay hydrated.
- **Arrive early to set up and relax.** This will help you to feel more relaxed and prepared for the experience.
- **Listen to your body.** If you are feeling pain, stop the pose and rest.
- **Enjoy the experience.** Yoga and fireside chats are a great way to relax and rejuvenate. So, take your time, enjoy the moment, and let go of any stress or worries.

## Pre-Caution

While engaging in any **yoga activities, always remember:**

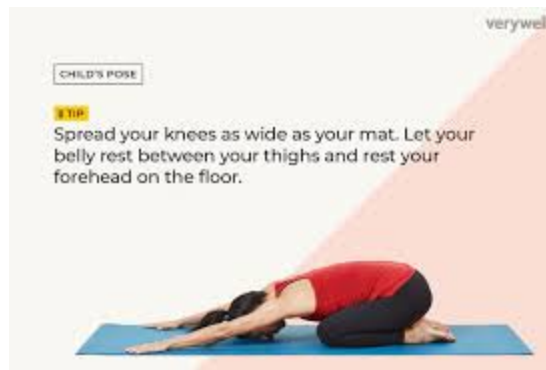
- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed.**
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

**Always listen to your body and modify poses as needed.**

## Here are some yoga poses that would be perfect for a yoga and fireside chat:

- **Child's Pose:** This pose is a great way to relax and release tension. To do child's pose, start on your hands and knees. Bring your hips back to your heels and rest your forehead on the ground. Relax your arms by your sides and breathe deeply.





<https://www.verywellfit.com/childs-pose-balasana-3567066>

- **Downward-Facing Dog:** This pose is a great way to stretch the back and hamstrings. To do downward-facing dog, start on all fours. Spread your fingers wide and press your hands into the ground. Tuck your toes under and lift your hips up towards the sky. Straighten your legs as much as possible and gaze down between your eyebrows.



[https://www.yogajournal.com/poses/downward-facing-dog/#\\_pay-wall](https://www.yogajournal.com/poses/downward-facing-dog/#_pay-wall)

- **Bridge Pose:** This pose is a great way to strengthen the core and back. To do bridge pose, start lying on your back with your knees bent and your feet flat on the ground. Place your arms by your sides, palms down. Inhale and lift your hips up towards the sky, keeping your knees bent. Press your heels into the ground and engage your core. Hold for a few breaths and then slowly lower back down to the ground.



<https://www.masterclass.com/articles/bridge-pose-yoga-guide>

- **Corpse Pose:** This pose is a great way to relax and unwind. To do corpse pose, start lying on your back with your legs extended and your arms at your sides. Close your eyes and take a few deep breaths. Relax your body and mind and let go of any tension.



<https://www.verywellfit.com/corpse-pose-savasana-3567112>

These are just a few suggestions. You can choose poses that are appropriate for your fitness level and that you enjoy. Once you have chosen your poses, you can create a sequence that flows smoothly from one pose to the next.

## Here are some additional tips for planning your yoga and fireside chat:

- **Start with a warm-up.** This will help to prepare your body for the poses.
- **Take breaks.** If you are feeling tired or sore, take a break between poses.
- **Listen to your body.** If you are feeling pain, stop the pose and rest.
- **End with a cool-down.** This will help your body to relax and recover.

**Yoga and fireside chats are a great way to relax and rejuvenate. So, take your time, enjoy the moment, and let go of any stress or worries.**

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## Resources

### Family pow wow: Spirit of my youth

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People's World

# BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

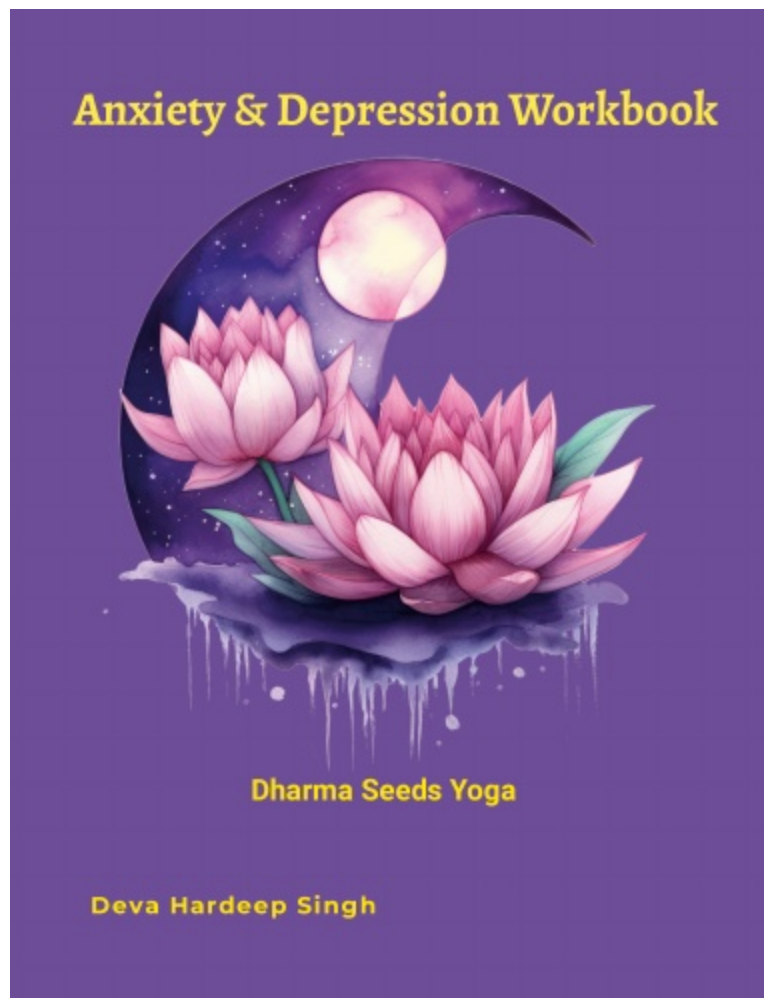
6

Take about five minutes for this exercise.

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**Buy Dharma Seeds Yoga Press new book**





**Anxiety & Depression Workbook ~ Dharma Seeds Yoga** The Anxiety and Depression Workbook is a self-help book that provides readers with tools and techniques to help them manage their anxiety and depression. The book is based on trauma informed yoga, a type of therapy that focuses on changing the way people think and use yoga for healing. The book focuses and provides readers with exercises and worksheets to help them identify and challenge their negative thoughts and beliefs. The book provides readers with additional resources and information on how to get help for anxiety and depression. The Anxiety and Depression Workbook has been praised by mental health professionals for its clear and concise explanations, and for its practical exercises and worksheets. The book has also been well-received by readers, who have found it helpful in managing their anxiety and depression. If you are struggling with anxiety or depression, the Anxiety and Depression Workbook may be a helpful resource for you. The book can help you learn more about your condition, and provide you with tools and techniques to help you manage your symptoms.



**Deva Hardeep Singh** (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

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